

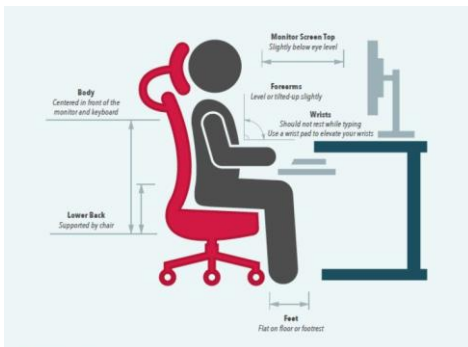
GREEN WORLD GROUP NEWSLETTER

January 2024

Edition:02

COMMON ERGONOMIC ISSUES

- Poor posture
- Repetitive Strain Injuries
- Eye strain
- Inadequate Lighting
- Static Posture
- Improper Chair Adjustments
- Workspace layout
- Stress and Mental Fatigue
- Lack of movement



Right sitting posture

SAFETY MATTERS: ERGONOMICS IN THE OFFICE

Welcome to the latest edition of our company newsletter, where we prioritize safety and well-being in the workplace. This month, we're focusing on an often overlooked but crucial aspect of office safety: Ergonomics.

The Importance of Ergonomics

Ergonomics is the science of designing the workplace, keeping in mind the capabilities and limitations of the worker. A well-designed workstation can reduce fatigue and discomfort, prevent injuries, and increase productivity. Given that many of us spend long hours at our desks, paying attention to ergonomics can significantly improve our overall health and job satisfaction.

“Ergonomics is not just about comfort – it’s about productivity too.”

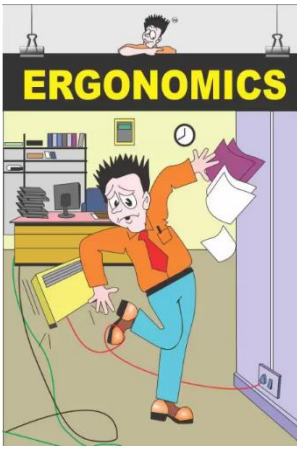
TIPS FOR AN ERGONOMIC WORKSPACE

- **Chair Adjustments:** Adjust your chair so your knees are at a 90-degree angle, and your feet are flat on the floor. The backrest should support the curve of your spine.
- **Desk Height:** Your desk should allow you to keep your wrists straight and your hands at or slightly below the level of your elbows.
- **Monitor Placement:** Place your monitor directly in front of you, with the top of the screen at or slightly below eye level.
- **Keyboard and Mouse:** Keep your keyboard and mouse close enough so you don't have to stretch. Use a wrist rest if needed.
- **Take Breaks:** Follow the 20-20-20 rule. Every 20 minutes, take a 20-second break and look at something 20 feet away to reduce eye strain.

THE BENEFITS OF ERGONOMICS

Implementing ergonomic principles in the office can lead to:

- **Reduced Pain and Discomfort:** Proper ergonomics can alleviate chronic pain issues related to poor posture and repetitive strain.
- **Increased Productivity:** Comfortable employees are more productive and efficient.



Keep the way without any OBSTRUCTION

- Enhanced Focus and Well-being: Ergonomics can lead to a happier, healthier workplace.

Remember, your health and safety are our top priority. Let's work together to create a safer, more comfortable workplace.

TIPS TO BEAT THE HEAT THIS SUMMER

SOAK – Take a cool shower or bath to help cool you down

SHADE – Wear a hat and sunscreen or take an umbrella

BE COOL – Stay indoors and make use of fans or Acs

EAT FRESH – Eat cool foods like salads and fruits

WATER – Stay Hydrated, drink 5 -6 liters of water a day

Varun Vignesh

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